



Journal  
through  
The Psalms

Make a list of your  
Joy Extensions:

- ◇
- ◇
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- ◇

- ◆ The Joy of the Lord is my Strength. ~ Nehemiah 8:10
- ◆ The Psalms honor and testify of God's amazing strength. \
- ◆ When we embrace God we grab on to Joy!

**Consider this:** Joy is stripped away when we choose to trust in anything but God's abundant, timely, and proficient provision.

Using your Joy List,  
begin writing a  
Psalm of Praise to the Lord.